

NFVNS Sharing

Unpacking Adult-Entrenched Dependency (AED)

16 November 2022

About Care Corner Project StART



- One of the 3 FVSCs and ISIFPSC in Singapore
- Provide services for individuals and families affected by issues of family violence (and victims of sexual assaults)



Intensive Case Work and Crisis Management

Support and journey with individuals and families experiencing FV to find safety and hope



Public Education and Community Efforts

Work with community partners and stakeholders to raise awareness in our society relating to the signs and impact of FV



Sector Training and Law and Policy Co-Development

Contribute to sector competency, identify trends and emerging dynamic and to work with ministries on policy co-development

Case types across agency



Intimate Partner
Violence

Child Abuse

Elder Abuse

Disability Abuse

Parent-adult
child Violence

Adult Entrenched
Dependency
Abuse (AEDA)

What is Adult Entrenched Dependency Abuse?



Relationship

Perpetrator: Adult child

Victim: Parent

Dependency

Adult child has expectations/ feels entitled / is dependent on parent to meet their everyday needs.

Function of violence

Violence is used usually by adult child to get resources and services from parent(s)

What is Adult Entrenched Dependency Abuse?



“ At the core of AED lies the perception – shared by the adult-child and the parents that the **child is inadequate and incompetent**. This perception leads the **parents to feel obliged to protect and shelter** the adult-child. The adult-child, in turn, feels they cannot live without the parents’ services. Whenever parents try to break out of their role, the adult-child reacts harshly. Over time, both sides come to experience this condition as inescapable. **AED can persist in families for decades.** ”

Dulberger, D. & Omer, H. (2021)

Overseas trends

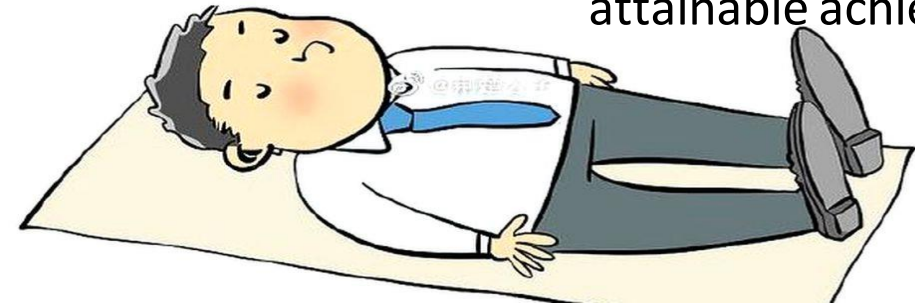
Ken Lau Zu, is about **the adult's dependency on their parents and failure to launch.**

NEET (not in education, employment or training)



躺平

Lying flat is about **not overworking** and being content with more attainable achievements



Bai Lan, or 'Let it rot' is about **giving up and not even trying**

In Singapore

More parents seeking protection from abusive children

Rise in number of parents going to court to seek protection from children who beat them, cheat them of their assets, or harass them for money



Teenagers abusing their parents not uncommon, experts say

This article is more than 12 months old

108 children had Beyond Parental Control complaints filed against them by their parents

Cheow Sue-Ann
Mar 01, 2019 06:00 am



Only 14, James (not his real name) once of the master bedroom here.

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tion near their home
ith the family, said his



Singapore

'They don't realise they are victims': In family violence cases, hurdles are everywhere - but so is help

PARENTAL ABUSE IN SINGAPORE

Among family violence cases, one particular group stands out to Ms Lam for their "difficulty in stepping up". These are the parents being abused by their children.

She recounted cases where victims, aged 50 to 60, have "never made a decision" on what brands to buy at the supermarket because the perpetrator would check the receipts whenever the victim reached home.

"They don't know how to make a decision or they cannot trust themselves to make a decision," she said.

"In Singapore culture, a lot of times it's like, 'I don't want to wash dirty linen in public.' And a lot of the elderly may feel like, ultimately, this is my child, I don't want to bring harm to my child. If I really were to seek help, will I lose this relationship?" added Ms Lam.

"I have perpetrators who tell the elderly things like, 'If you decide to do this and that, then I will make sure that I will not be there for your

Commentary: Smaller families in Singapore, leading to unhealthy parenting styles

Smaller families are changing the dynamics and styles of parenting in Singapore, argues Foo Koong Hean.



Children playing along East Coast Park. (Photo: Edric Sng)

SINGAPORE: It really didn't seem that long ago when the Stop at Two campaign was in full swing, warning parents in Singapore that "the more you have, the less they (each) get".

Outlook

Lesser children per couple



27 Aug 2017 08:33AM
(Updated: 22 Jan 2021 11:52AM)



Related Topics

Parenting children

Increased Cost of living

The Big Read in short: With small paychecks and high consumption, how are youths coping with rising prices?



Illustration: Anam Musta'ein



BY LORAINEE LEE

Published July 9, 2022
Updated July 12, 2022



Increased Mental Health concerns in the younger generation

The Gen Z Mental Health wave - what is causing the surge?

Updated at
September 2, 2022

Written by
Chloe Garnham



Gen Z

- More global**
More educated with how the world is because of social media.
- Under the Influence**
Keeping up with celebrities, influencers and brands through social media
- More demanding**
Because of the increase in choices, they demand more and better things from brands that they consume.
- Stand out**
Focused more on being able to express their individuality
- After experiences**
They put more value on experiences that bring meaning to their life.
- Pro social (responsibility)**
More mindful with the ethics and messages of the things that they do and consume.

HealthMatch

Hikikomori



Common things victims might say



How could I **give up** on my child? He is my flesh and blood.

I have already seen so many social workers and doctors, **why** is my child still angry at me?

My child is just **sick**. Things will get better when he has recovered.

It's **my fault** for not taking care of him when he was younger.

It is **shameful** / I am not supposed to paint my child in a bad light to others.

I **need to** give my child the amount that he had requested. Otherwise, he will not attend his psychiatric appointment.

If that is the only way to **appease** my child, just let them beat me to death

Common things perpetrators might say



Give me \$50 for my taxi fare to IMH!

I can't find a job because my parents are useless. If I had better parents, I would not be unemployed.

You do not deserve to be my parent!

My parents should not have given birth to me because they cannot take care of me.

I have the talent to be hired by renowned gaming companies, but my parents can't afford my education.

My parents are pathological liars and have personality disorder. They keep saying insulting things about me to make all my relatives hate me.

My parents left me in the care of my relative when I was young when they shouldn't have done that. They should be responsible for me.

Differentiating AEDA from Elder Abuse



AEDA

- AEDA victim is the resource holder
- Onset is often when the perpetrator is at adolescence/early adulthood

Elder Abuse

- Perpetrator is the resource holder
- Perpetrator capitalizes on vulnerabilities that come along with old age of the victims
- Onset is usually when the victim has a cognitive / physical decline.

Differentiating AEDA from mental health issues



AEDA

- Violence is directed only toward parent(s) / specific victim
- Even if child has mental health issue, MH is more of a multiplier than a causal issue

Violence arising from mental health issues

- Violence is usually not directed at any specific person
- With mental health treatment, violence is managed

“ My son will only lash out at me because he hates me for sending him to IMH in the past. Though he is diagnosed with mental illness, he told me not to send him to IMH as he will lose his job. ”

Differentiating AEDA from family conflict

AEDA

- Adult Child holds more power in the relationship.
- Parents are fearful for their safety if they take actions to even out differences in power.

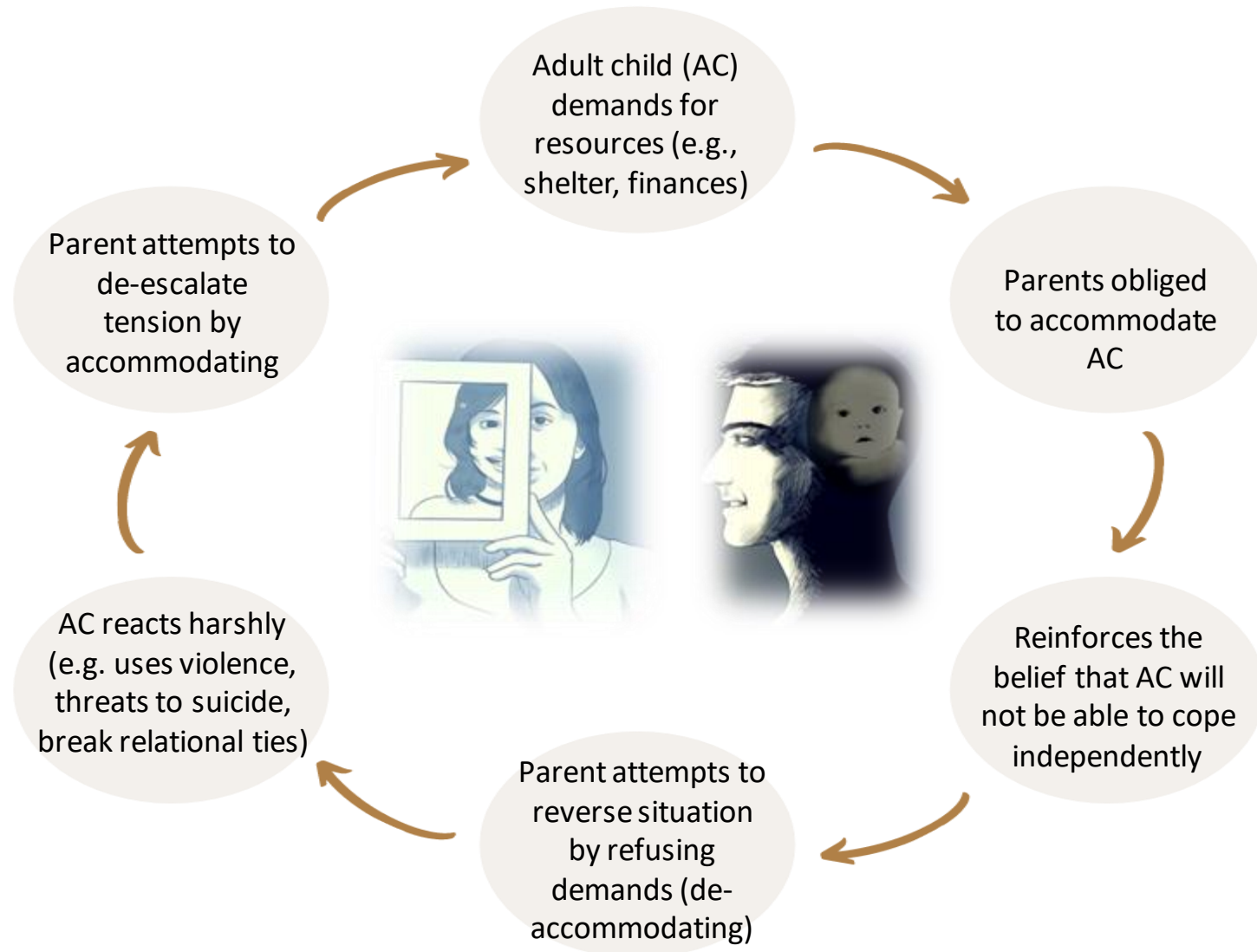
Family conflict

- There are no differences in relational power between family members.



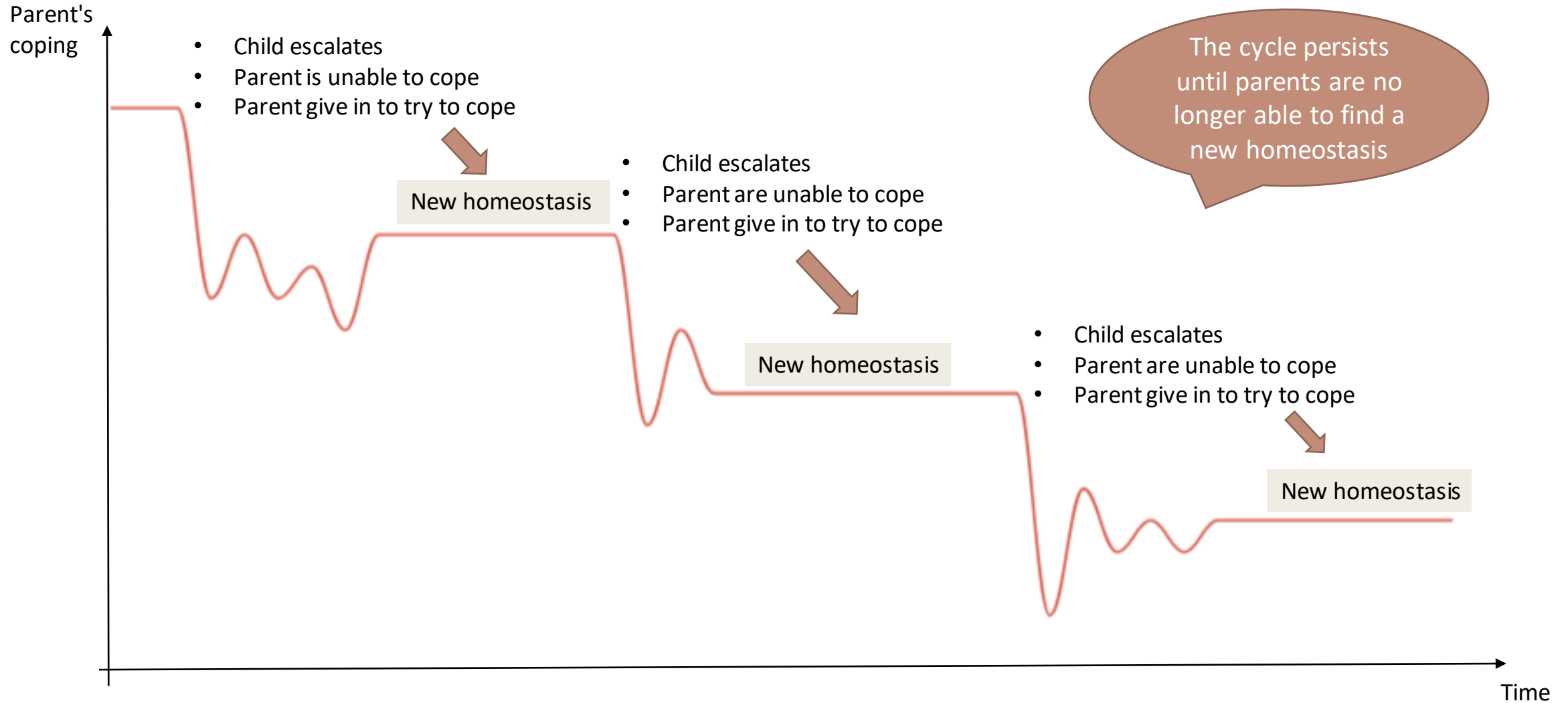
Patterns and Dynamics

Pattern of dependency and accommodation

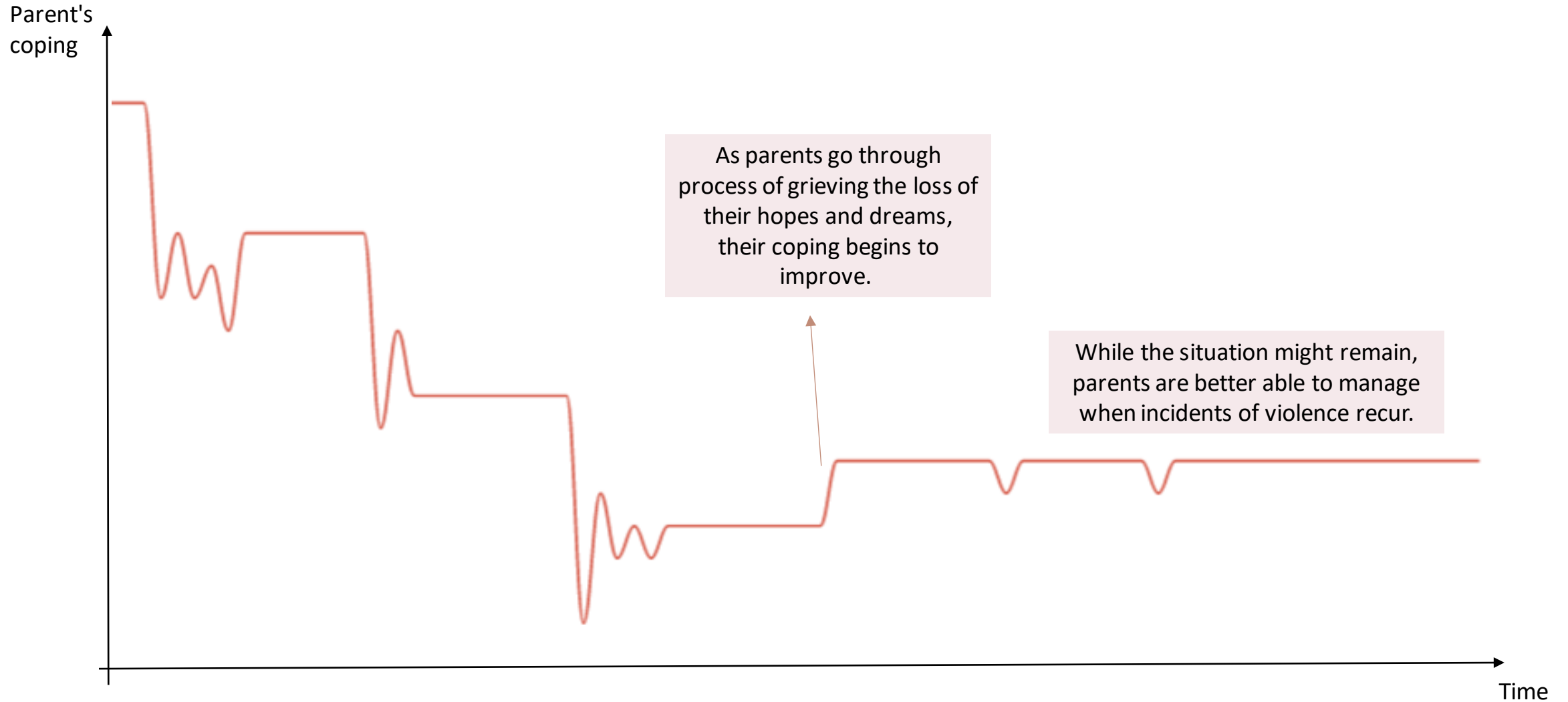


This is how the AEDA dynamic is sustained

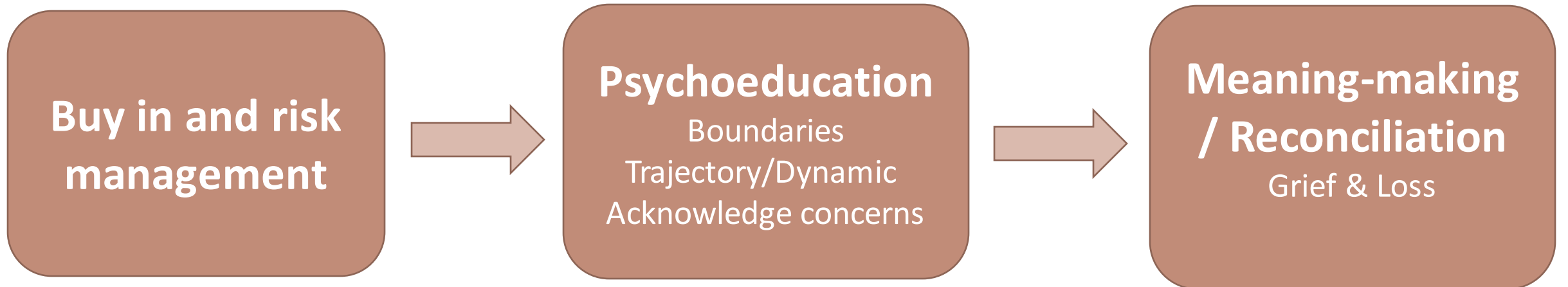
Parents' coping



Parents' coping (with intervention)



CCPS' intervention



Intervention for AEDA cases

- Non-Violent Resistance (NVR) Approach

- A systemic parenting approach to provide parents with skills to use when they experience violence from their adult child through non-violent and non-escalating means.
- It is built on these 3 principles

Taking a firm stand against violent behaviours

Hold back from physical / verbal violence

Increase parental positive influence in child's life

Work directly with parents in an adaptable manner that responds to the needs of parents and practitioners

Intervention for AEDA cases

Core elements of NVR Approach

Parental
Commitment to
Non- Violent
Resistance

De -escalation
Skills

Increased Parental
Presence

The Support
Network

Family
Announcement

Acts of
Reconciliation

Refusing Orders
and asserting
parental rights

The Sit In

Intervention for AEDA cases

Non-Violent Resistance (NVR) steps

Step 1:

Differentiate adult
child from the issue
of violence

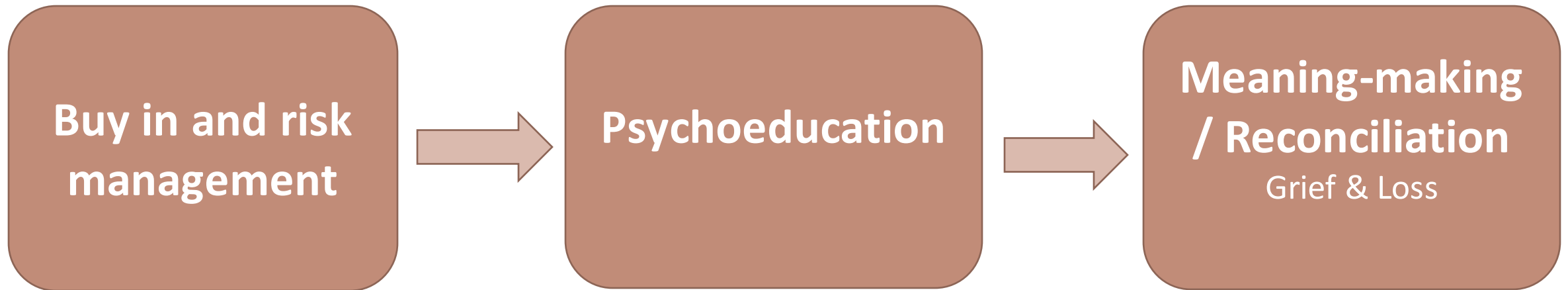
Step 2:

Draw safe
boundaries and
sustain them

Step 3:

Increasing support
network

CCPS' intervention



Buy-in and risk management



How parents usually present at intake:

- Complex feelings of guilt, shame, self-blame as parents perceived they have failed in parenting
- Sense of helplessness and stuck-ness

What we hope to work towards

- Gain parent's trust and understanding that we care for their child as well
- Acknowledge parent's efforts and their hopes and dreams for the child
- Refrain from guilt-tripping parents (e.g. the child is dependent on you because you have given in to their demands)

Psychoeducation



Topics we usually share with parents:

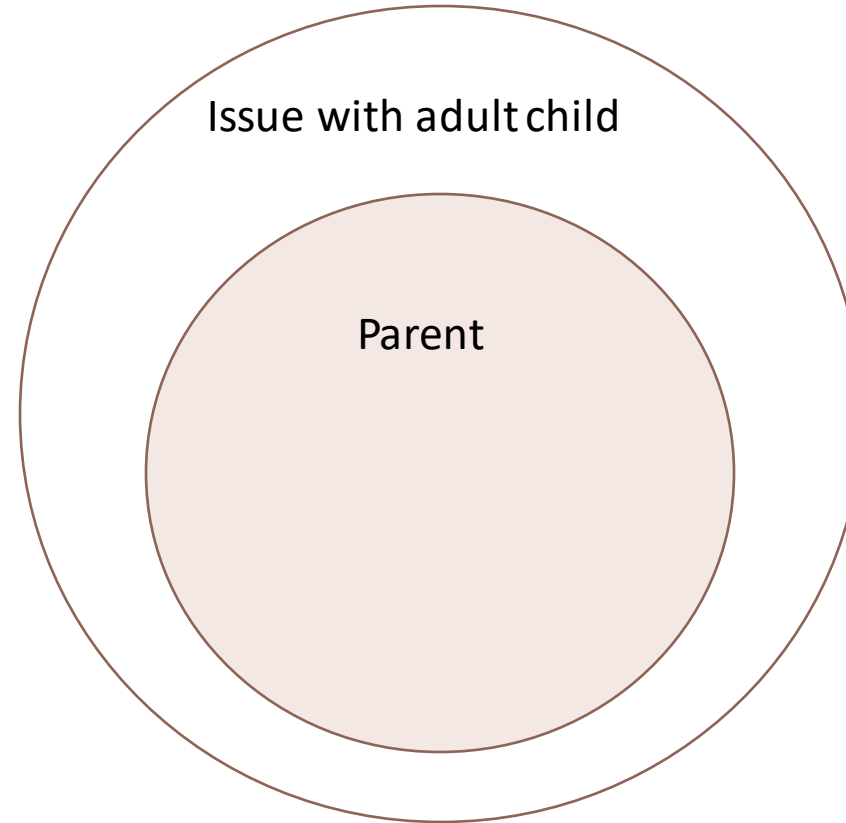
- Boundaries and locus of control
- Dependency and accommodation pattern
- Understanding on child's trajectory
- Problem solving

What we hope to work towards

- Parent's ability to differentiate themselves from their child and have a greater sense of control over what is happening

Locus of control and responsibility

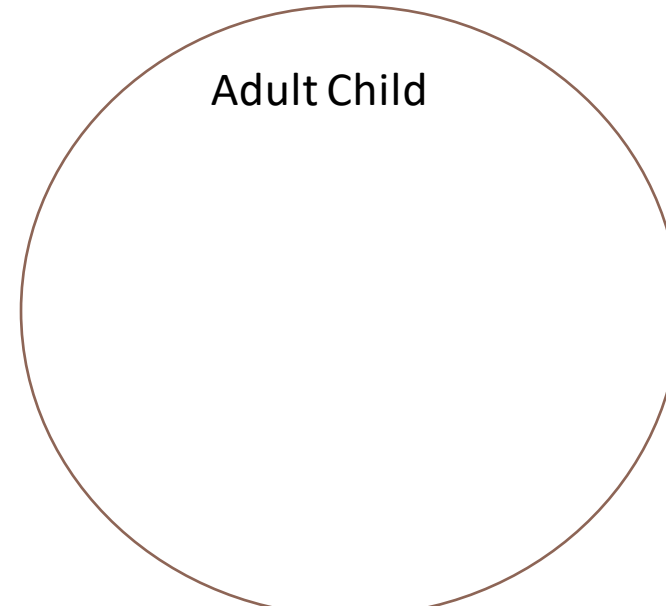
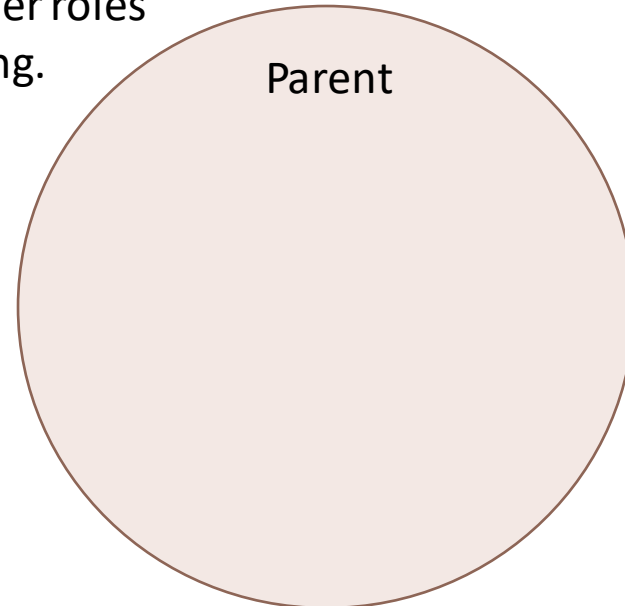
Parents often feel overwhelmed by the issue with their adult child and have an enmeshed relationship with them.



Locus of control and responsibility

To help parents to:




- Differentiate themselves from their adult child
- Zoom out to consider roles apart from parenting.



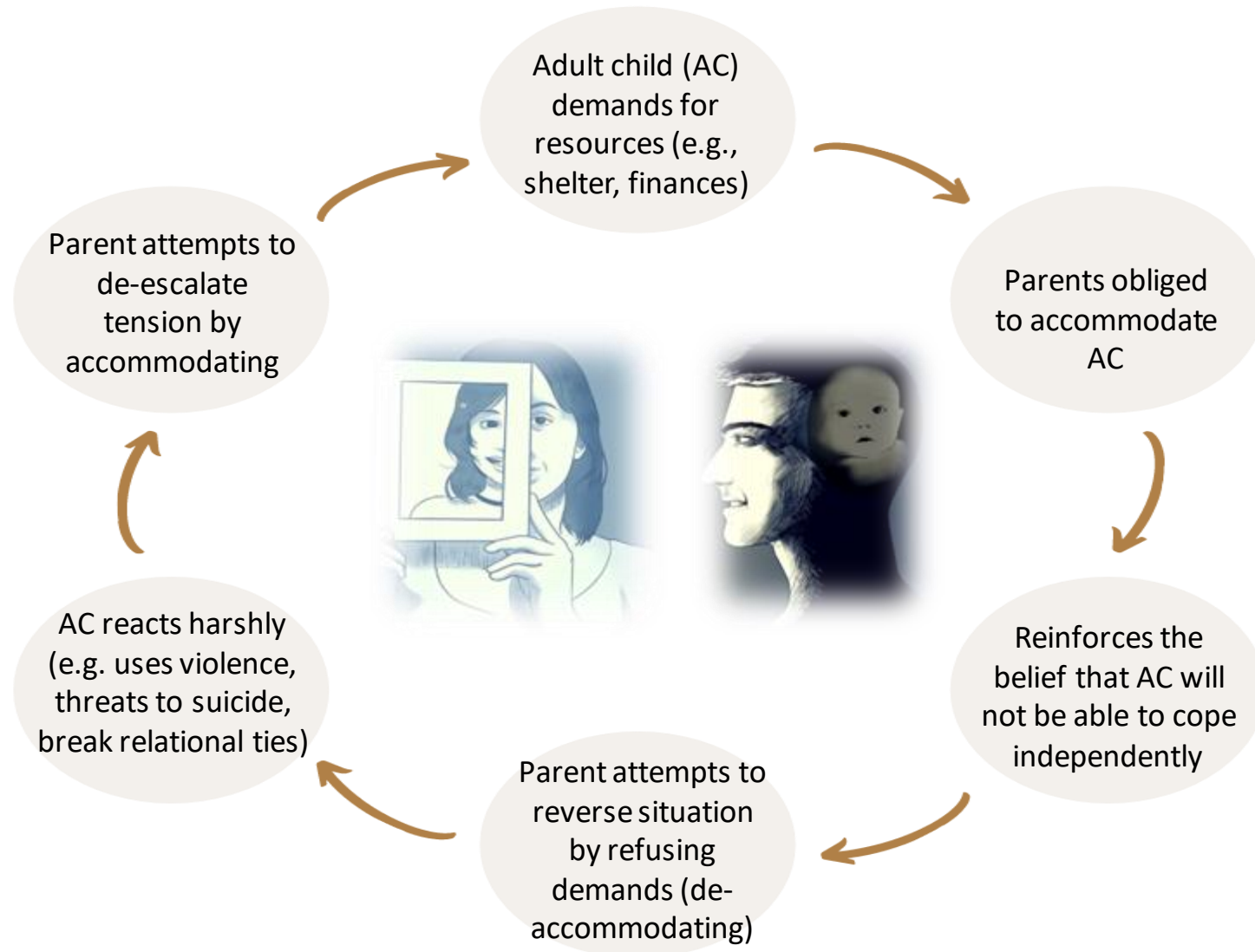
Worksheet example
to discuss parent-
child boundaries

MY PRIORITIES AND MY BASELINE BOUNDARIES

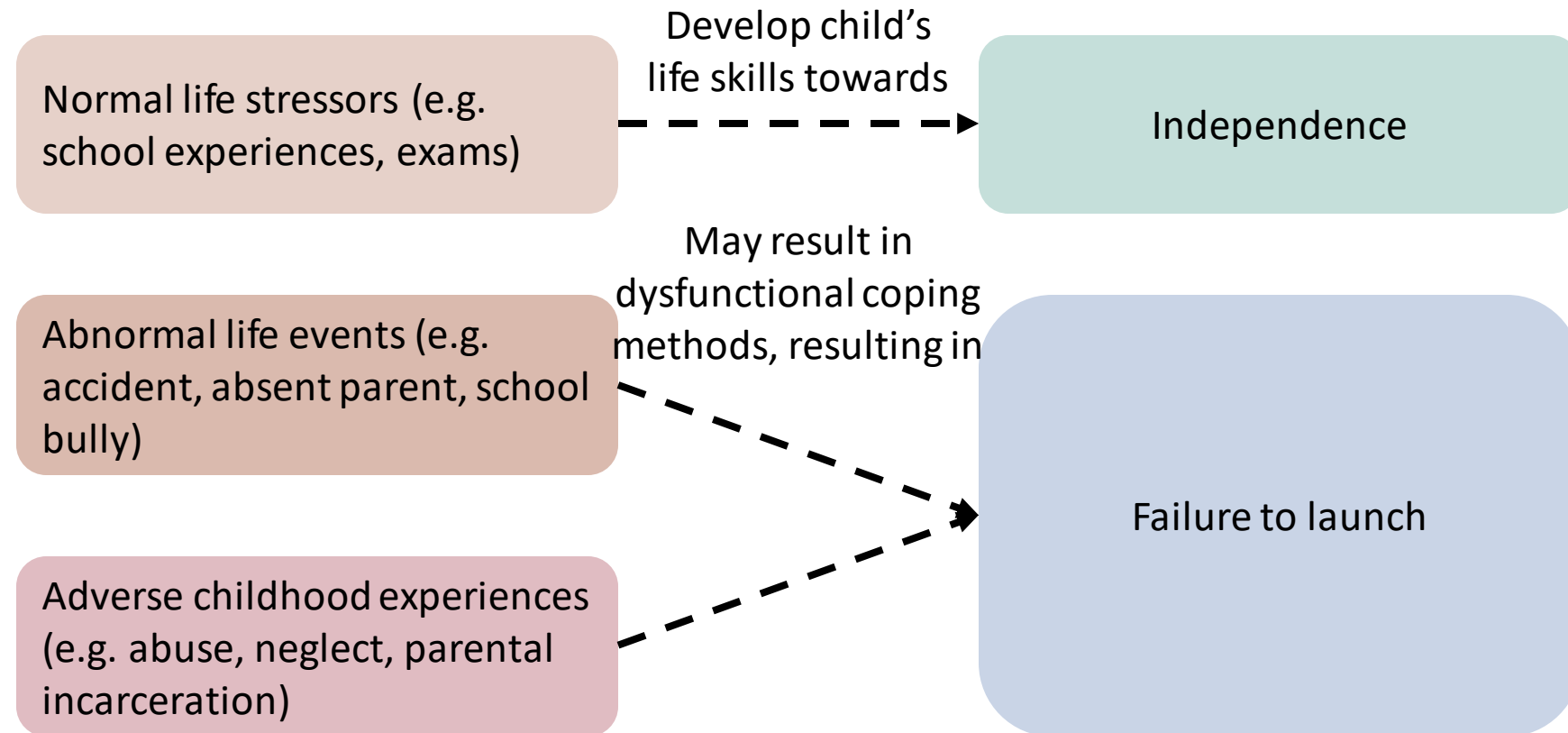
REMINDERS TO SELF: WHAT ARE MY GOALS FOR MYSELF, MY CHILD, MY RELATIONSHIP WITH MY CHILD:

THINGS TO IGNORE	NEGOTIABLE THINGS	NON-NEGOTIABLES
 A white shopping basket icon centered within a light blue circular background, all enclosed in a light blue rectangular border.	 A white shopping basket icon centered within a light yellow circular background, all enclosed in a light yellow rectangular border.	 A white shopping basket icon centered within a light pink circular background, all enclosed in a light pink rectangular border.

Pattern of dependency and accommodation



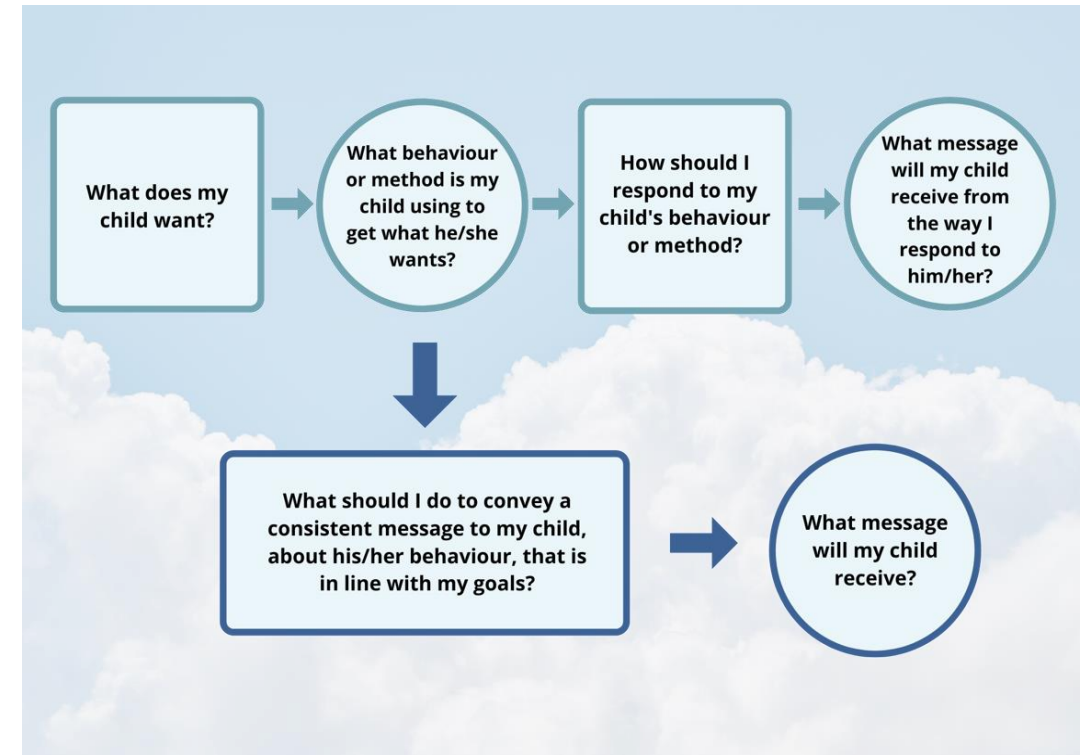
Understanding child's trajectory



Goal

Help parents understand their role in equipping child with functional coping methods instead of accommodating as it may worsen dependency.

Problem solving



Meaning-making / reconciliation



Reconciliation with past self

- Viewed from a life course perspective, parents may justify their need to accommodate to child due to past negative events that have occurred in their parenting journey.

Generativity vs stagnation

- Due to child's outcome in life, parents may perceive themselves to have failed in parenting.

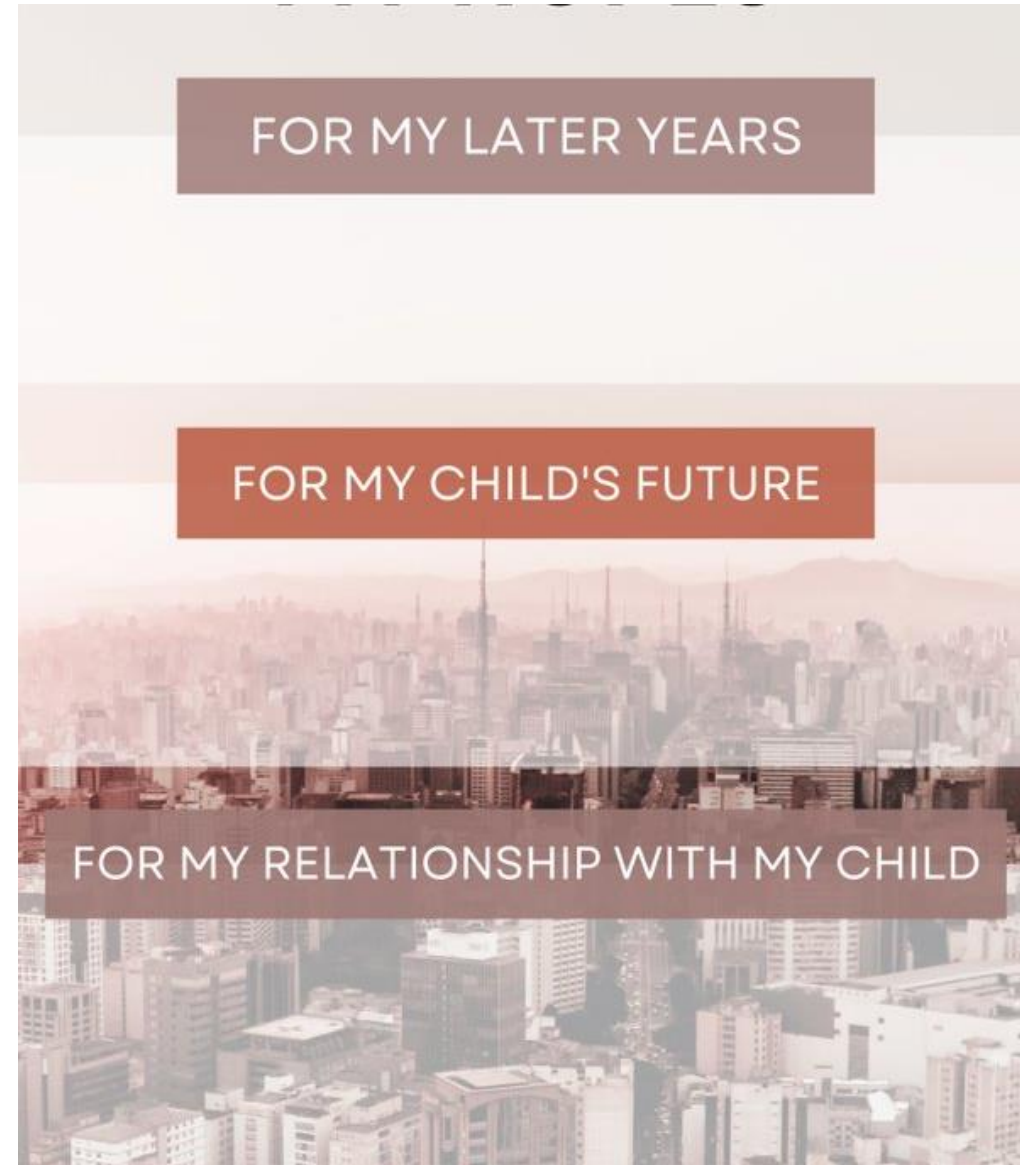
Failure to launch

- Child remains dependent on parents despite being in adulthood due to various reasons.
- Parents feel responsible to continue to care for child who continues to depend on them.

What we hope to work towards

To help parents grieve over the loss of hopes and dreams for the child and their expectations of the parent-child relationship to reconcile with the current circumstances.

Worksheet example
to create new
narratives with
parents



Social Support Network



Police

IMH




FJC

Hospital

APS

Neighbors

Supporting families experiencing AEDA

	Possible interventions	Rationale	Examples
	Buy in and risk management	To gain parent's trust and to give meaning to the options that they have.	Asking "What will happen if you do not provide for what your child wants and how will it affect you?"
	Psychoeducation	To help parents set goals that are within their control	Parents may consider disengaging from aggressive/demanding interactions with child, or carry out consequences
	Meaning-making / reconciliation and working with social support network	To address the stigma, shame and fear of consequence when breaking the secrecy of violence	Liaise closely with IMH and police on activation plan in the event of an emergency

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www.carecorner.org.sg

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